

Matthew's Story

The Incredible Lightness of Being an Experiencer

By Michael Mannion

For the past three years, Matthew and Amber have been exploring their shared UFO sighting and ET encounters. (You can read about Amber in a [two-part article](#) stored on the [Journal](#) of the Mindshift Institute.) Matthew has been more reluctant than Amber to speak about his experiences but, recently, we discussed an extraterrestrial dream that he had. Matthew has a life-long history of extraterrestrial dreams, which are specific, detailed, coherent and completely different from his “regular” dreams.

In the dream, Matthew was lying down on either a bed or tabletop. A tall, male, human-looking being dressed in white, with longish white hair, sat beside him. Matthew recognized the being from other ET dreams he has had and also from descriptions given to him by Amber of an entity with whom she has interacted on a number of occasions. Matthew has also seen Amber with this being in other dreams that he has had.

Matthew's right arm was outstretched. With his left hand, the being held Matthew by the right wrist. In his right hand, the being held an extremely thin needle that he had inserted into the tip of the middle finger on Matthew's right hand.

In the dream, Matthew did not know whether something was being injected into him or whether something was being taken out of him during the procedure. He didn't feel any pain and he was not agitated or anxious. He was quite familiar with the entity and they communicated casually.

“You are now going to be more open about your experiences,” the being said telepathically. “We need you to speak out directly about your experiences in public.”

Matthew resisted. “No, I'm not going to do that. I don't want to do that,” he said forcefully.

“That doesn't matter,” the being replied. “There are people who need to hear what you have to say.”

“I'm not going to do it,” Matthew insisted. “There are all these people who are going to say things about me...all these negative people saying all these terrible things. I don't want to do it!”

“That doesn't matter,” the being said flatly. “We don't care about those people. There are people who need to hear you. We care about them We want them to hear you. It's time.”

“I'm not going to do it!” Matthew spoke with great determination. “This is not the time for that. This is now the time for me to get my financial life in order, to build a more stable life. To do the work I want to do. There are a lot of things I want to do now. Enjoyable things. I have exciting opportunities at hand and they could be ruined if I talk openly about these

experiences.”

“That doesn't matter,” the being replied without emotion. “You will do this now.”

“I won't!” Matthew said almost plaintively.

“You always say that,” the entity answered. “It doesn't matter. We want you to talk openly in public about your experiences now. We don't care about the people who will be negative. We care about the people whom we want to hear you.”

The dream ended here. When Matthew awoke, he had an unpleasant sensation in the center of the tip of his middle finger, as if it had been pricked by a very fine object. For a few days, Matthew said, he struggled with the memory of the dream. He absolutely did not want to speak openly about his encounters. He rejected it out of hand. However, over the course of a week or so, he began to soften. He started to entertain the idea and fantasize about what it might be like to tell people about his shared encounter with Amber and what he has learned about his experiences through work with a researcher who specializes in ET investigations.

By the time we spoke, Matthew had changed his mind and was open to the possibility of speaking out about his ET encounters. He was stunned by this change in his attitude because it represented a reversal of a life-long resistance to sharing any of his anomalous experiences publicly. He said that he considered it unlikely that an opportunity to discuss his encounters would even come about, but that if it did, he would take it under serious consideration.

“This has always seemed so heavy to me,” he said. “So serious and burdensome. But in the time that has elapsed since the dream, I seem to have developed a different feeling about these encounters. I feel much more light-hearted about them. I think I could talk to people about them in a light-hearted way...a serious way...but with a sense of ease.”

This shift in emotional attitude was quite dramatic for Matthew. He has been uncomfortable discussing what he knows with anyone other than a few close friends and even fewer people who investigate the ET phenomenon.

“For some reason, I now feel that I could share what I have experienced with a sense of wonder, awe and excitement. I've really had some extraordinary experiences and am beginning to realize how exciting they are. The debunkers and skeptics just don't matter. They can say or do what they want. I can hardly believe the sense of lightness that is taking over me. It is so different from how I usually feel when I think about my experiences.”

It is intriguing that when Matthew now thinks of the dream, he ignores the unilateral demands of the entity and focuses on this new sense of lightness. In the first days after the dream, Matthew was angered by the being's insistence that Matthew would speak out, no matter what his objections were, because they wanted him to do so. Matthew was particularly disturbed that each time he objected to their plan, and asserted that he would

not be more outspoken, the entity repeatedly replied, "That doesn't matter."

It remains to be seen what happens with Matthew over the coming months. Will he be able to maintain his new sense of lightness? Will he find himself presented with an opportunity to speak about his ET encounters? If so, will he accept the invitation? Or will his life-long aversion to sharing his extraordinary experiences with the general public prevail?

Time will tell whether the ET encounters remain a burden for Matthew or whether he will begin to enjoy the incredible lightness of being an experiencer.

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